

Paul and Virginia

By HELENA HOYT GRANT

His Night Off

DAUL'S night off. The Virginia had insisted upon it—and he had balked. But, of course, he finally yielded. "I think you should go out evening alone at least once a week, dear," she had said. "I don't want your friends to fancy you're tied to your wife's apron-strings."

Please Tell Me What to Do

By CYNTHIA

To "A. R. B." There's no real meaning to it, my boy. Some of the young people have put the meaning "love" on it, but it's just a squeezing of the hand, but it cannot be said to have a real meaning.

Two Other Beauties Dear Cynthia—I read "Handsome" and I am taking the liberty to say that we agree with him. I don't see why every one is against him because he said he was handsome. If it was a girl who wrote it and said she was handsome and put many admirers, it would be perfectly all right, but just because a fellow said so every one is against him but us.

She Flirted With Him Dear Cynthia—What would you do in a case like this? A young fellow is working in a hat store and yesterday a lady (?) comes into the store with the intention, I presume, of buying a man's hat. She came into the store humming to herself, and as I laughingly advanced toward her I exclaimed, "My, you have a woman's hat on."

What Do Our Readers Think? Dear Cynthia—Please publish this. I read the letter signed "Bachelor of Thirty-six," who says eight of his friends have gone for foreign travel. I collect pictures of foreign travel, business girls, girls of screen and stage, schools and colleges and paste them in albums, and the United States girl is handsome, has taste in clothes and is a good chum.

Smartly Cut Edges Adorn Homespun Suit A special cloth should be made and kept for the purpose of washing the dishes and used for this purpose only. A separate cloth for washing the pots and pans should be made and kept for the purpose of washing the dishes. Two other cloths should be a part of every kitchen equipment for wiping tables, stove and working around the house.

Read Your Character Men and women think they conceal their thoughts and habits of mind, but they cannot. Though they do not realize it, they write the story of their thoughts and attitude toward the world plain across their faces where the world may read it if it chooses—though for the most part the world is too busy with its own thoughts to bother.

The Eye of the Mind We need the right perspective to see in the "trend of the face" not a trail to the devil, but only the same old cash of the old and the new, caused by the kind of double-sight-for-trouble that you immorality in habits, and in the wait a sure highroad to perdition.

Through a Woman's Eyes Not long ago I was taken back to my school for a lesson in how to see things in a mirror through light rays that penetrate the eye and reflect back upon the object before it.

The Question Corner Today's Inquiries 1. How many women wage-earners does the city of Denver, Col., have? 2. What unique substitute for rage is used to expel it immensely at the moment?

Yesterday's Answers 1. In olden times a girl who was not engaged followed the unique custom of wearing a ring on the first finger of the left hand in order to signify her willingness to marry, or one on the little finger if she desired to remain single.

Why Pay More? Sold only in Asco Stores, located all over Phila. and throughout Penna., New Jersey, Delaware and Maryland

PLAY FOR YOUR HEALTH



Everybody knows that it is charming to see a pretty girl seated at a piano, but here is a doctor who says that she is helping her digestion and circulation by playing.

THERE is something feminine about playing the piano that carries its own appeal to the heart. It lifts one above the commonplace, too, does it not? And the better one performs the further one is removed from the commonplace. And, after all, there is hardly a house in America of any pretensions whatever that does not harbor a piano, and studying music is no more difficult, except in a few rare cases where there is a total lack of ear, than any other study which contributes to a finer intellect.

Music is indeed a most salutary medicine, says, "because its complex nature, its regular vibrations, its even auditory waves, precisely so many to each note, being thus unlike eucophonous, noise that is made up of irregular, dissonant, conflicting vibrations. This is the pleasing sound of perception of good music conveyed to the brain, where it is in turn transmitted to the sympathetic nervous system, which directs the working of the heart, the lungs, the stomach and other organs. This is good music not only psychic for the soul, breaking up mental depression and soothing emotional disturbances, but it also helps nutrition, furthering digestion, quickens the pulse and helps to restore organic unity.

Indeed, the entire human machinery will run all the better for occasional lubrication with a stream of melody that is sweetly played in tune and which will help the in the need in sickness, grief and all adversities. It is truly one of mankind's most inestimable blessings that into our stream of consciousness there may be so disposed empty themselves those purifying vibrations of those sparkling brooks, those laughing waters, those sparkling cascades which have their springs in the heart of sweet sounds."

Mrs. Wilson's Housekeeping Lesson

Takes Up the Question of Dish Towels

Special Cloths Should Be Made and Kept Just for Dishwashing, While Others Are Used to Wipe Up Kitchen Table

By MRS. M. A. WILSON Copyright, 1922, by Mrs. M. A. Wilson. ALL RIGHTS RESERVED. MANY contagious diseases are traced to faulty dishwashing dishes and filthy disheveling dirty towels. This has been proved time and again, so the housewife must watch this important part of the household regime.

Disinfectants A special cloth should be made and kept for the purpose of washing the dishes and used for this purpose only. A separate cloth for washing the pots and pans should be made and kept for the purpose of washing the dishes. Two other cloths should be a part of every kitchen equipment for wiping tables, stove and working around the house.

To Wash the Dishes Scrape the leftover food from the plates and stack in a pile; raise the glasses, cups and saucers, knives and forks under the running water, and place the plates and saucers in the dishpan and then wash the dishes. Place the pile of plates where the water will run on them. Draw water in the dishpan as hot as you can bear and add sufficient soap powder to make a nice suds, then continue to wash.

The Pots and Pans All pots and pans should be filled with cold water just as soon as the food is removed. This soaking will make for easy washing. When ready to wash the pots and pans, take a pot brush, which may be an inexpensive whisk broom, and scrub the face that is loosened while the pan has been soaking; now wash and remove all fire marks with a scouring powder. Rinse under the running water with boiling water before eating. Let the pan stand for a few minutes; then drain and wipe the pan dry. Air for a few minutes.

WHAT'S WHAT By HELEN DEWIE If people cannot refrain from talking on other subjects while they are playing cards, certainly they should not start as in bridge-suit. This game, as every one knows, is based on the fact of the old injunction to silence—"What?" an ancient English and Irish oath-word.

There are many other games in which the rules of almost silent play are not who must that during the play of cards are advised to confine themselves to cards, hearts, five hundred, shippereck, etc. Nothing annoys attentive bridge players so much as distracting talk, such as bridge, which requires intense mental concentration. It is interesting to find that the game of bridge, which has an etymological origin in the name of an intellectual stimulant, was first named an intellectual stimulant to disregard this etiquette is to spoil the interest of their game.

Those Weary Times of Depression That Come After a Drive of Energy

Wouldn't Be So Frequent if We Could Take Life More Easily and Spread Our Efforts Over the Whole Year

DO YOU ever get that feeling of not caring whether "school keeps or not?" Isn't it depressing? Very often around this time of year it seems to be time for everything to stop for a while.

Instead of the beginning it seems more like the middle of the year, after your first wind is about used up and before you get your second wind. Christmas and the holidays have about finished your energy and you feel as if you have to stop and rest for a year or two before you can do anything else. Your activities are very slow and your movements sluggish now; you wonder whether you will ever be able to take any real interest in anything again.

KEEPING UP with this rapid pace of living has become such a habit that you are afraid to drop out even for a short time. This is so on you that you so fast that you feel that you are out of place when you are out of place and you have to hustle a little more than usual to get back into your regular place again.

There's no trouble about picking up the loose ends of the year just the same, but when the time comes and you are strong enough you step out and join in its whirl just as merrily as before.

WHY should there be so much fear of getting a bit slow and dragging behind now and then? If more of us would do this fearlessly, without giving so much attention to possible consequences, there wouldn't be so much of it.

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The Woman's Exchange

How to Clean Silver

To "B. S. L." If your pan is aluminum use a table-spoon each of baking soda and salt and a quart of water. Have the water hot but not necessarily boiling, and before the salt and soda are added, put in the silver. The water should be as soon as the water is ready. The pan should not be too full of water, as there will be strong fumes. Wash the silver in the bottom of the pan. Wash it all in soapy water, and then in water that has been cleaned in it as this will keep the silver shiny for a longer time. Wipe dry with a clean towel.

Height Cannot Be Increased Dear Madam—This may sound strange to you, but it is true. It is true. When graduated from high school six years ago my height was 5 feet 1 inch; it is five feet and a little more now. This I am twenty-three years old.

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Things You'll Love to Make

Unusual Trimming



To make the UNUSUAL TRIMMING shown on this hat, you will need black lace about ten inches wide. Measure the distance from the inside of the under brim, up over the brim and up to the top of the crown. Double that amount and add sufficient to make a pleasing sized bow at the top. Cut the strips of lace into halves. Wire the edges of both pieces. Stitch one end of each half to the inside of the crown. Bring it up under the brim, over the brim, up to the top of the crown. Tack both pieces at the top. Make the bow and this UNUSUAL TRIMMING has made a delightfully chic chapeau.

Mother Says PUDDING Is Delicious

Do you drink "SALADA" OR JUST TEA? There's a distinct difference in favor of "Salada"

A "balanced diet" may sound confusing to many people. The facts, as explained here, are simple.

The secret of a "balanced diet" is to have food containing all the elements needed for proper nutrition. These elements are protein, to nourish the tissues; starch and sugar to furnish energy; fat to supply heat; and mineral salts to provide the material necessary for building nerves, brain, and tooth and bone structure.

Grape-Nuts, the nourishing cereal made of whole wheat flour and malted barley, served with cream or milk, is a complete food for young and old alike.

Go to your grocer today and get a package of Grape-Nuts. Eat it with milk or cream for breakfast; or with stewed fruit, jelly or jam, as a delicious dessert for lunch or dinner.

Every member of the family will relish this palatable and nourishing food— Grape-Nuts—the Body Builder "There's a Reason"

Made by Postum Cereal Co., Inc., Battle Creek, Mich.

AMERICAN STORES CO. ASCO

The Saving Goes In Your Purse

Don't misunderstand the low price of Asco Coffee; for, although its price is low, its quality is high—the fact is, we guarantee it to be the equal of the best cup that ever passed your lips.

ASCO Coffee 25c lb

To get coffee equal to the delicious Asco Coffee, you will pay elsewhere 40c and 45c per lb. Our price is only 25c per lb. You can't get better coffee satisfaction, so

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